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# Summer Chicken Kebabs

A great summer recipe that's simple to prepare, tasty and ideal for the whole family. Use this recipe to get the children in the kitchen cutting, preparing and cooking food.

## Ingredients

- 2 chicken breasts, cubed
- 2 tbsp. tamari/soy sauce
- 1 tsp. dried oregano
- 2 tbsp. lemon juice
- 2 garlic cloves, crushed
- 2tbsp. olive oil
- 2 peppers (different colours), sliced
- 8 mushrooms
- 1 courgette, sliced
- Wooden/metal skewers

## Method

- Mix the chicken with the tamari, oregano, lemon juice, oil and garlic and cover in the fridge to marinate for 30+ minutes.
- Preheat the oven to 180°C/350°F/Gas Mark 4.
- If you're using wooden skewers soak in water for 5 minutes and then begin to thread a mix of chicken and vegetables onto each skewer.
- Place the kebabs on a baking sheet or bar-b-q and until the meat begins to brown and is cooked through.
- Serve with salad/roast vegetables.
- Enjoy!

## Nutritional Benefits

Chicken is packed full of B vitamins so beneficial for energy and the nervous system. It's also a rich in potassium and phosphorus, which can help build strong bones, teeth and tissues.